Virginia Physical Education

Grade 1

Motor Skill Development

1 **The student will demonstrate developmentally appropriate form and at least two correct critical elements (i.e., small, isolated parts of the whole skill or movement) of locomotor, non-locomotor, and manipulative skills.** 1.1

- a Demonstrate critical elements used and distinguish between walking, jogging, running, galloping, leaping, skipping, and sliding. 1.1.A
- b Demonstrate non-locomotor skills of twisting, curling, bending, stretching, and balancing on different body parts. 1.1.B
- c Demonstrate forward, sideways, backward (slow), and side-to-side movement. 1.1.C
- d Demonstrate jogging, running, skipping, galloping, sliding, and leaping using pathways (straight, curving, and zigzagging) and speeds (fast, slow, and moderate). 1.1.D
- e Demonstrate simple educational gymnastic skills, including balancing at different levels, two different rolls (narrow or curled), moving in two different directions, and transfer of weight/ 1.1.E
- f Demonstrate developmentally appropriate form with at least two critical elements used in eyehand coordination skills while stationary and moving (e.g., dribbling a ball with the hand, underhand tossing and catching a ball/beanbag to self and with a partner, throwing and rolling underhand to targets, volleying a balloon upward with various body parts, volleying a balloon in the air with a short implement or noodle, striking a stationary object with the hand or with a short-handled implement or noodle.) 1.1.F
- g Demonstrate developmentally appropriate form with at least two critical elements used in eyefoot coordination skills (e.g., dribbling a ball, kicking a moving or stationary ball to a target.) 1.1.G
- h Perform a teacher-led rhythmic pattern or dance in personal space and general space. 1.1.H
- i Demonstrate consecutive jumps (more than one) with a short rope (self-turn), long rope (student-turn), and forward, backward, zigzag, hopping, and leaping over a stationary rope. 1.1.I

Anatomical Basis of Movement

2 **The student will identify basic anatomical structures and basic spatial awareness concepts.** 1.2

- Identify where the brain is located. 1.2.A
- Explain that muscles attach to bones to help the body move. 1.2.B

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c Describe how the heart and lungs work together to keep the body moving. 1.2.C

d Explain that the heart is a muscle that grows stronger with movement. 1.2.D

e Demonstrate the appropriate use of personal and general space. 1.2.E

Fitness Planning

3 **The student will identify changes in the body that occur during moderate to vigorous physical activity.** 1.3

a Identify physical activities to do at home, individually and with others, to help the body move and grow. 1.3.A

b Identify one cardiorespiratory activity that increases heart and breathing rates to make the heart stronger. 1.3.B

c Identify and demonstrate physical activity at two or more intensity levels that increase heart rate and breathing. 1.3.C

Social and Emotional Development

4 **The student will demonstrate basic knowledge and skills for safe and cooperative play, individually and with others, without reminders from the teacher.** 1.4

a Work cooperatively with peers and demonstrate safe equipment use when working individually or with peers. 1.4.A

b Demonstrate safety rules for physical activities. 1.4.B

c Demonstrate the safe and respectful use of space. 1.4.C

d Participate in developing classroom (procedural) rules that promote relationship skills and support a positive and safe learning environment during physical activity. 1.4.D

e Demonstrate the use of self-management skills to control emotions during physical activity. 1.4.E

f Explain that physical activity helps improve mood and brain function for learning. 1.4.F

g Participate in activities that are constructed to support inclusion. 1.4.G

Energy Balance

5 **The student will identify basic nutrition concepts of energy balance.** 1.5

a Name the food groups as identified by the U.S. Department of Agriculture (USDA). 1.5.A

b Name one food from each (USDA) food group. 1.5.B

c Explain why the body needs water. 1.5.C

d Explain that food provides energy for physical activity. 1.5.D